

Practice plan with Andréanne Leblanc

Material needed:

- 8 cones
- L-Screen
- Bucket of balls
- 3 bases
- 2 fongos
- 1 frisbee, football or any ball
- 1 10x10 or 7x7 screen for shagger protection, if possible.

1.0 Welcome words and chitchat

2.0 Warm up - 30 minutes

2.1 Get Loose Game - 5 minutes

Split the group in 2 teams, hats vs no hat. You'll need a frisbee, football, or any kind of ball. Choose a minimum number of passes to get to the end zone and score a point. Rules: If a team drops the ball, the ball goes to the other team. No walking (pivot foot allowed). One arm length rule for covering the player who has the ball. First team to 5 points or a 5-minute game.

2.2 Dynamics activation - 10 minutes

Each player should have a series of exercises that works for their body. In the beginning of the season, try to teach them about self-awareness and make them aware of what they need to be warmed up and ready. Include arm warm up (bands, plyos, etc) in dynamics.

2.3 Play catch - 15 minutes

Depending on where you are in your season and the amount of games you have in your stretch, long toss can be a possibility. Max 30 pitches, you should not need more than that to avoid over use in playcatch. Again, they should be aware of their arm condition and play catch properly.

3x5 pitches : Before 90 feet. Work on mechanical details.

Get back a bit every pitch past 90 feet. Use your legs more the more you gain distance.

Long toss: Get height in your toss, bring your momentum forward and focus on follow through. * It's not failure if you do not reach your target, bounces are more than fine.

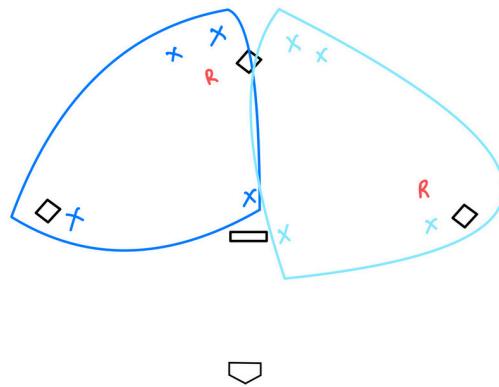
Players that are done can do daily picks or outfield footwork while waiting for others to be done.

3.0 Team defense - 25 minutes

3.1 Pick offs and rundowns - 10 minutes - 1 coach for each rundown

2 separate rundowns: 1-2 and 2-3. Pitchers working on their pickoff to first and second. Get runner in a rundown.

Details to work on: Secure the ball first. Show the ball in hand while running. Create a lane to throw the ball. Hands up and call for the ball. Move while receiving to reduce the gap between the player and the ball. Follow your throw and switch places. Goal, 1 throw max. If unsuccessful, bring back the runner to the starting base is the best-case scenario. Switch runners after 3-4 runs. Rotate defensive position as well.



3.2 Relays - 15 minutes - 1 coach in outfield, 1 coach in infield, 1 coach hitting

Give a cone to all infield players. Cutoffs are moving blindly. All the directions come from the player on the bag. Goals are good communication and good placement. Each play is called randomly so players need to react fast and move efficiently. Cuts drop the cone at their relay transfer position. Analyze positioning and adjust next play.

Progressive drills:

Single cuts to each base (first 5 minutes), even first base for 9-3 play. Get catcher involved.

Bring double cuts into the mix (5 minutes). Middle infielders go out, first base comes out as 3rd cut. Leave second base empty.

Leave all cones out, all plays possible (5 minutes)

4.0 Batting practice - 45 minutes - 1 coach pitching, 1 coach running group, 1 coach hitting feedbacks

Separate your team in 4 equal groups. Here's the rotation: 1->2->3->4->1

4.1 Hitting group

3 rounds of 6 contacts:

1- 2x sac bunts, 2x drag bunt, 2x Hit n run, 4x contacts opposite

2- Runner on second, 6x move the runner

3- Runner on third, 2x infield in, 2x infield out, 2x sacrifice fly

4.2 Defensive group - primary position

Field the ball just like you would do it in game. You have priority on your first position played during a game.

4.3 Running group

1st round - on first, read the bunt. Hit n run start, react to contact.

2nd round - on second. First lead, second lead, react to contact. Tag if in the air, read groundball.

3rd round - on third. First lead, second lead, react to contact. Tag if in the air, read groundball through infield.

Do not run full base distance. Only starts and reactions to contact.

4.4 Defensive group - second position

Field the ball like you would in a game situation. If someone is at your first position, go to second position. If first position is available, go for it until someone on primary position group bump you.

5.0 Team defense - infield - 15 minutes - 2 coaches hitting, 1 coach running around in the infield to give feedbacks.

5.1 3 rounds to first

5.2 3 rounds of double play. * When turning from first base get out by third base. no throw back to first.

5.3 2 rounds of back and going to first. * First base turn double play from playing deep behind baselane. no throw back at first, get out by third base.

5.4 2 rounds of slow rollers going to first. * First base goes to 3 on a bunt covering 1st base line.

5.5 2 rounds going home tag play. Get catchers involve. 2 rounds force play double play with first base. (Classic home-first)

5.6 Catchers throws on base: Back pick to first, steals to 2nd and 3rd.

6.0 Cool down and recap

*This practice plan is adapted for 16U athletes and 3 coaches. *